



XIV International
MEDITERRANEAN DIET CONFERENCE

BARCELONA * March 20th & 21st 2024

A Look to the Future

PROGRAM-MARCH 20

10.00 h -10.45 h. **Registration & Welcome Coffee**

10.45 h.-11.30 h. **OPENING CEREMONY**

11.30 h.-12.00 h. **OPENING CONFERENCE**
Dietary Patterns and Healthy Aging Fernando Rodríguez Artalejo, Preventive Medicine and Public Health Universidad Autónoma de Madrid, CIBERESP and IMDEA-Food. Madrid, Spain.

12.00 h.-13.30 h. **SESSION 1. PAST, PRESENT, AND FUTURE OF THE MEDITERRANEAN DIET**
Moderator: Emilio Ros, CIBEROBN, IDIBAPS. Barcelona, Spain.

- **The Mediterranean diet in the 1960s in Mediterranean countries.** Antonia Trichopoulou, Center for Research and Education in Public Health, Academy of Athens. Athens, Greece.
- **Are we losing adherence to the Mediterranean diet?** Gregorio Varela Moreiras, School of Pharmacy, Universidad San Pablo-CEU. Madrid, Spain.
- **A Look at the Future of the Mediterranean diet.** Licia Iacoviello, IRCCS Neuromed. Pozzilli, Italia.



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13.30 h.-14.15 h. SESSION 2. PLANETARY DIET: UPDATE OF THE EAT LANCET DIET

• **Walter Willett**, Harvard T.H. Chan School of Public Health. Boston, USA.

14.15 h.-16.00 h. LUNCH BREAK

Scientific Communications Display

16.00 h.-17.30 h. SESSION 3. HEALTH EFFECTS OF THE MEDITERRANEAN LIFESTYLE

Moderator: **Cristina Sáez**, journalist and science communicator. Barcelona, Spain.

• **Physical activity as a fundamental component of a healthy lifestyle.** **César Bustos**, Spanish Society of Obesity. Madrid, Spain.

• **Sleep, diet and health.** **Giuseppe Grosso**, School of Medicine, University of Catania. Catania, Italy.

• **Mediterranean lifestyle and the workplace.** **Stefanos N. Kales**, Harvard Medical School. Boston, USA.

17.30 h.-19.00 h. SESSION 4. MEDITERRANEAN DIET AND SUSTAINABILITY

Moderator: **José Luis Gallego**, environmental communicator. Barcelona, Spain.

• **Water and climate change.** **Noam Weisbrod**, Blaustein Institute for Desert Research and Sde Boker Campus, Ben-Gurion University of the Negev. Negev, Israel.

• **How to combine seasonality and food waste?** **José Miguel Herrero**, General Directorate of the Agri-Food Industry of the Ministry of Agriculture, Fisheries and Food. Madrid, Spain.

• **Sustainability and climate emergency.** **Carlos Alberto González**, Catalan Institute of Oncology. Barcelona, Spain.



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PROGRAM-MARCH 21

10.30 h.-11.30 h. SESSION 5. CULTURE AND DIET MEDITERRANEAN
Moderator: Irene Lapuente, communicator. Barcelona, Spain.

- **Carmen Cabrera**, Cultural Heritage. GD.. of Cultural Heritage and Fine Arts. Ministry of Culture. Madrid, Spain.
 - **Carles Vilarrubí**, Catalan Academy of Gastronomy and Nutrition. Barcelona, Spain.
 - **Enric Herce**, chef and writer. Girona, Spain.
 - **Rais Esteve**, chef. Barcelona. Spain.
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11.30 h.-12.15 h. SESSION 6. SUSTAINABILITY AND MEDITERRANEAN DIET IN HAUTE CUISINE
Moderadora: Mónica Ramírez, gastronomic journalist. Barcelona, Spain.

- **Jordi Vilà**, chef at Alkimia restaurant. Barcelona, Spain.
 - **Artur Martínez**, chef at Aürt restaurant. Barcelona, Spain.
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12.15 h.-13.45 h. SESSION 7. THE BASIC PILLARS OF THE MEDITERRANEAN DIET
Moderator: Josep Corbella, journalist for La Vanguardia. Barcelona, Spain.

Introduction: Ramon Estruch, president of the XIV International Mediterranean Diet Conference, CIBEROBN. Barcelona, Spain

- **Bread, pasta and cereals. Latest Scientific Evidence: Wholegrain or Refined?** Roberto Volpe, National Research Council. Rome, Italy.



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- **Anti-inflammatory and antioxidant effects of extra virgin olive oil.** Valentini Konstantinidou, Nutrigenetics Researcher, DNANUTRICOACH . Athens, Greece.
- **Effects of moderate wine consumption within the Mediterranean diet.** Maira Bes Rastrollo, Department of Preventive Medicine and Public Health, Faculty of Medicine, University of Navarra. Pamplona, Spain.
- **Vegetable versus animal protein.** Raúl Zamora, Catalan Institute of Oncology, Bellvitge Biomedical Research Institute. Barcelona, Spain.
- **Dairy products and cardiovascular health. Whole or low-fat?** Javier Fontecha, Spanish National Research Council. Madrid, Spain.
- **Health effects of cooking techniques.** Rosa Lamuela-Raventós, CIBEROBN, School of Pharmacy, University of Barcelona. Barcelona, Spain

13.45 h –14.15 h. SESSION 8: MEDITERRANEAN DIET AND EMOTIONS

Moderator: Carme Gasull, journalist. Barcelona. Spain.

- **Sílvia Congost**, psychologist. Barcelona, Spain.
- **Iolanda Bustos**, chef. Girona, Spain.

14.15 –14.45 h. XIV INTERNATIONAL MEDITERRANEAN DIET CONFERENCE SCIENTIFIC COMMUNICATIONS AWARDS

CONCLUSIONS

- **Ramon Estruch**, president of the XIV International Mediterranean Diet Conference, CIBEROBN. Barcelona, Spain.